

WORLD PHYSIOTHERAPISTS & PHYSICIANS SUMMIT

July 24-26, 2017 Melbourne, Australia

Post-oncologic rehabilitation: Benefits of an OD triathlon

Frankinouille R^{1,2}, Peeters M^{1,2}, Stassijns G^{1,2}, Gielen J^{1,2}, Altintas S¹, De Coster C¹ and Roelant E²

¹University of Antwerp, Belgium

²Antwerp University Hospital, Belgium

Introduction: After their physical rehabilitation, oncologic treated patients have problems to re-integrate in the normal healthy population, due to psycho-social reasons.

Purpose: To improve the state of health and prevent relapse in post-oncologic treated subjects, we introduced an aerobic endurance training program, based on swimming, cycling and running. At the end, they all have to compete in an Olympic Distance (OD) triathlon.

Material & Methods: Twelve former oncologic patients and 12 buddies were selected to enter the training program. Both, patients and buddies, received weekly online and group session training programs in swimming, running and cycling. They all underwent physical testing at the beginning, 4 months and after 8 months of training. We used cycling and running tests to evaluate the physical condition. We also did a subjective quality of life interview after the project. We compared the physical progress of the patients and the buddies, compared data for males and females and evaluated the effect in time.

Results: 22 out of 24 persons ended with success their triathlon after 9 months of training. No significant differences in the measured variables were detected between patient and buddy. There was a significant weight loss, loss in abdominal circumference, reduced sum in skinfold thickness, reduced fat percentage, increased VO₂ max and VO₂ peak, increased Watt max and increased maximal running speed during the project.

Conclusion: There was no significant effect between the oncologic patients group and the buddies for all recorded data. We established a positive change in quality of life. All subjects mentioned that they gained more self-awareness beside the health effect of sport.

rudi.frankinouille@icloud.com